

BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability. **BREAKFAST** █ = Eat Often █ = Eat Occasionally █ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	█ Assorted Eggs █ Bacon █ Pork Sausage	█ Grilled Chicken Breast █ Assorted Eggs █ Chicken Sausage █ Steak & Eggs █ Sausage Gravy █ Bacon	█ Turkey TX Hash █ Turkey Sausage Gravy █ Assorted Eggs █ Turkey Bacon █ Bacon █ Pork Sausage Links	█ Grilled Chicken Breast █ Assorted Eggs █ Chicken Sausage █ Sausage Gravy █ Bacon █ Smoked Sausage	█ Turkey Sausage Gravy █ Assorted Eggs █ Turkey Sausage Patty █ Corned Beef Hash █ Bacon	█ Grilled Chicken Breast █ Assorted Eggs █ Chicken Sausage █ Sausage Gravy █ Bacon █ Country Pork Sausage	█ Assorted Eggs █ Bacon █ Pork Sausage
Starches & Sides	█ Fresh Fruit █ Hash Brown █ Biscuit █ Pancake	█ Fresh Fruit █ Assorted Veg. █ Home Fried Potatoes █ Biscuit █ Ham, Egg & Cheese █ Croissant	█ Fresh Fruit █ Assorted Veg. █ Breakfast Taco █ Home Fried Potatoes █ Cinnamon Twist	█ Fresh Fruit █ Assorted Veg. █ Home Fried Potatoes █ Biscuit █ Hash Brown █ Breakfast Sandwich	█ Fresh Fruit █ Assorted Veg. █ Hash Brown █ Biscuit █ Cinnamon Roll	█ Fresh Fruit █ Assorted Veg. █ Home Fried Potatoes █ Sausage, Egg, & Cheese Biscuit █ Apple Turnover	█ Fresh Fruit █ Hash Brown █ Biscuit █ French Toast

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

Breakfast		Breakfast Parfait Bar includes yogurts & assorted toppings	
Lunch		Salad Bar: assorted leafy greens, vegetables, toppings, & dressings	

SHORT ORDER GRILL

Breakfast		Made to Order Eggs & Omelets Egg substitute available upon request		
Lunch & Dinner	█ Veggie Burger █ Turkey Burger █ Salmon Burger	█ Grilled Chicken Sandwich █ Hamburger █ Cheeseburger	█ Grilled Cheese █ Grilled Ham & Cheese █ Hot Dog	█ French Fries █ Sweet Potato Fries █ (Fries available at lunch Mon.-Friday)

GRAB N GO

Assorted Sandwiches & Wraps Specialty Salads	Assorted Small Bites & Yogurts Fresh Fruit Cups	Hummus & Guacamole Cups Chips & Pretzels	Fresh Baked Cookies Assorted Beverages
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BLUE RIBBON BISTRO MENU



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WEEK 1

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

SUN

MON

TUES

WED

THURS

FRI

SAT

04 JAN

05 JAN

06 JAN

07 JAN

08 JAN

09 JAN

10 JAN

LUNCH

Entrée	Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)	Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	Stuffed Bell Peppers (268 kcals, 16 g Pro, 8 g Fat, 35 g CHO)	Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)	Kung Pao Chicken (295 kcals, 42 g Pro, 8 g Fat, 12 g CHO)	Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)
	Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO)	Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO)	Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO)	Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO)	Smoked Sausage & Red Beans (690 kcals, 29 g Pro, 48 g Fat, 40 g CHO)	Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)	Shepherd's Pie (493 kcals, 32 g Pro, 20 g Fat, 44 g CHO)

Starches, Sides & Soup	Roasted Baby Carrots	Roasted Broccoli	Garlic Green Beans	Roasted Baby Carrots	Squash/Zucchini	Sauteed Cabbage	Peas & Carrots
	Sauteed Spinach	Mediterranean Veg.	Mexican Corn	Malibu Veg. Blend	Ginger Glazed Carrots	Baby Carrots w/ Thyme	Tuscan Veg. Blend

Starches, Sides & Soup	Oven Roasted Potato	Parsley Potatoes	Paprika Potatoes	Rice Pilaf w/ Orzo	Egg Rolls	Corn on the Cob	Parsley Potatoes
	Mac & Cheese	Herbed Brown Rice	Jalapeno Brown Rice	Louisiana Cornbread	Mulligatawny Soup	Garlic Mashed Potatoes	Hawaiian Roll

DINNER

Entrée	Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)	Beef Enchiladas (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO)	Spaghetti w/ Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO)	Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO)	Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)	Beef & Broccoli (244 kcals, 23 g Pro, 9 g Fat, 19 g CHO)	Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)
	Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)	Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)	Chicken Piccata (323 kcals, 36 g Pro, 14 g Fat, 15 g CHO)	Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)	Oven Fried Chicken (580 kcals, 28 g Pro, 44 g Fat, 18 g CHO)	Chinese 5 Spice Chicken (358 kcals, 27 g Pro, 27 g Fat, 1 g CHO)	Asian BBQ Chicken (296 kcals, 34 g Pro, 10 g Fat, 18 g CHO)

Starches & Sides	Peas & Carrots	Normandy Veg. Blend	Mixed Vegetables	Steamed Cauliflower	New Brunswick Veg. Blend	Mandarin Veg. Stir Fry	Squash/Zucchini
	Fresh Green Beans	Corn on the Cob	Garlic Roasted Broccoli	Herbed Green Beans	Collard Greens	Brown Rice	Sauteed Cabbage

Starches & Sides	Sweet Potato Wedges	Refried Beans	Bowtie Pasta	Potato Wedges	Wild Rice	Sweet Potato Wedges	Brown Rice
	Mashed Potatoes	Mexican Brown Rice	Garlic Mashed Potatoes	Hawaiian Roll	Rosemary Roasted Potatoes	Ginger Glazed Carrots	

BLUE RIBBON BISTRO MENU



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WEEK 2

= Eat Often

= Eat Occasionally

= Eat Rarely

SUN

MON

TUES

WED

THURS

FRI

SAT

11 JAN

12 JAN

13 JAN

14 JAN

15 JAN

16 JAN

17 JAN

LUNCH

Entrée	Coconut Crusted Tilapia (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)	Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO)	Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)	Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, 0 g CHO)	Chicken Teriyaki (345 kcals, 46 g Pro, 9 g Fat, 21 g CHO)	Rosemary Garlic Pork Loin (218 kcals, 26 g Pro, 11 g Fat, 1 g CHO)	Chicken Pot Pie (317 kcals, 22 g Pro, 10 g Fat, 35 g CHO)
	Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)	Grilled Shrimp (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)	Spicy Garlic Lime Chicken (430 kcals, 26 g Pro, 33 g Fat, 9 g CHO)	Chicken Vega (629 kcals, 34 g Pro, 34 g Fat, 49 g CHO)	Ginger Butter Flounder (242 kcals, 19 g Pro, 18 g Fat, 1 g CHO)	Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)
Starches, Sides & Soup	Mixed Vegetables	Herbed Green Beans	Steamed Broccoli	Sauteed Cabbage	Mandarin Veg. Stir Fry	Broccoli	Collard Greens
	Steamed Broccoli	Malibu Vegetable Blend	Cabbage w/ Peppers	Roasted Squash	Kung Pao Brussel Sprouts	Roasted Carrots	Peas & Pearl Onion
	Steamed Rice	Linguine	Borracho Beans	Wild Rice	Sweet Potato Wedges	Parsley Potatoes	Mashed Potatoes
	Egg Noodles	Garlic Mashed Potatoes	Jalapeno Cornbread	Parsley Potatoes	Steamed Rice	Steamed Rice	Parkerhouse Roll
	Minestrone Soup	Chicken Tortilla Soup	Chicken Noodle Soup	Chicken Noodle Soup	Mulligatawny Soup	Vegetable Beef Soup	

DINNER

Entrée	Spinach Lasagna (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)	Citrus Herb Chicken (290 kcals, 40 g Pro, 11 g Fat, 6 g CHO)	Asian BBQ Chicken (296kcals, 34 g Pro, 10 g Fat, 18 g CHO)	Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)	Braised Pork Chop (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)	Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)	Braised Beef (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)
	Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)	Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)	Beef Pepper Steak (250 kcals, 34 g Pro, 10 g Fat, 6 g CHO)	Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)	Mongolian Chicken (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)	Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)	Coconut Crusted Tilapia (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)
Starches & Sides	Roasted Carrots	New Brunswick Veg. Blend	Mandarin Veg. Stir Fry	Normandy Veg. Blend	Sesame Green Beans	Roasted Squash	Bermuda Veg. Blend
	Sautéed Brussel Sprouts	Zucchini & Squash	Roasted Cauliflower	Lyonaise Green Beans	Mandarin Veg. Stir Fry	Herbed Green Beans	Sw. Potato Wedges
	Rice Pilaf	Steamed Rice	Steamed Rice	Brown Rice	Brown Rice	Brown Rice	Glazed Carrots
	Bowtie Pasta	Mashed Potatoes	Egg Noodles	Mashed Potatoes	Roasted Potatoes	Steamed Rice	Steamed Rice

BLUE RIBBON BISTRO MENU



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WEEK 3

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	18 JAN	19 JAN	20 JAN	21 JAN	22 JAN	23 JAN	24 JAN

LUNCH

Entrée	■ Chicken Cacciatoro (290 kcals, 41 g Pro, 10 g Fat, 7 g CHO) ■ Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO)	■ Shrimp Fra Diavolo (254 kcals, 11 g Pro, 12 g Fat, 6 g CHO) ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	■ Chipotle Lime Tilapia (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO) ■ Cajun Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	■ Baked Salmon w/ Summer Salsa (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Smoked Sausage w/ Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)	■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO) ■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO) ■ Caribbean Beef Curry (364 kcals, 42 g Pro, 15 g Fat, 17 g CHO)	■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Sam's Rub Spareribs (621 kcals, 42 g Pro, 37 g Fat, 30 g CHO)	■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Spaghetti w/Meatballs (578 kcals, 24 g Pro, 22 g Fat, 72 g CHO)
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Starches, Sides & Soup	■ Squash/Zucchini ■ Steamed Broccoli ■ Bowtie Pasta ■ Steamed Rice	■ Sautéed Brussel Sprouts ■ Italian Vegetable Blend ■ Rice Pilaf w/ Orzo ■ Toscana Soup	■ Collard Greens ■ Baby Carrots ■ Cilantro Lime Rice ■ Chicken Tortilla Soup	■ Sautéed Cabbage ■ Fresh Asparagus ■ Parsley Potatoes ■ Wild Rice ■ Chicken Noodle Soup	■ Savory Root Veg. Blend ■ Roasted Green Beans ■ Caribbean Cabbage ■ Mulligatawny Soup	■ Roasted Baby Carrots ■ Red Potato Wedges ■ Sautéed Zucchini w/ Onions ■ Rice Pilaf w/Orzo ■ Vegetable Beef Soup	■ Italian Veg. Blend ■ Sautéed Broccoli ■ Linguine ■ Garlic Bread
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Entrée	■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)	■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)	■ Szechuan Chicken (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO) ■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)	■ Meatloaf w/ Brown Gravy (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO) ■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)	■ Chicken Cutlet (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO) ■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)	■ Mongolian Chicken (201 kcals, 19 g Pro, 6 g Fat, 20 g CHO) ■ Braised Pork Chop (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)	■ Baked Chicken (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)
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Starches & Sides	■ Italian Veg. Blend ■ Roasted Squash ■ Linguine ■ Hawaiian Roll	■ Peas & Carrots ■ Sautéed Spinach ■ Garlic Mashed Potatoes ■ Garlic Bread	■ Sautéed Green Beans ■ Peas and Carrots ■ Paprika Potatoes ■ Steamed Rice	■ Collard Greens ■ Glazed Baby Carrots ■ Steamed Rice ■ Mashed Potatoes	■ Sautéed Cabbage ■ Seasoned Green Beans ■ Parsley Potatoes ■ Steamed Rice	■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes	■ Sautéed Zucchini ■ Peas and Carrots ■ Brown Rice ■ Egg Noodles
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